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## **INTRODUCTION**

### **GET INVOLVED!**

At Meramec Valley R-III School District, teachers and the administration encourage all students to become actively involved in the extra-curricular activities we have to offer. Why? Because we realize that through these activities' personalities emerge, talents are uncovered, friendships are made, and leaders are realized.

We also realize that students who get involved in activities do better overall in the classroom and attend school on a more regular basis than students who do not participate. In addition, being involved in our activity program allows participants to develop self-confidence and helps students enjoy their experience in school at Pacific.

We want you as a student to receive a well-rounded education, which allows you the chance to excel in the classroom as well as in programs and activities offered outside the classroom.

This handbook provides information about the athletic and activity programs at Pacific High School. It is not intended to replace, but rather to supplement the guidelines and regulations pertaining to the activity program as contained in the Meramec Valley R-III Board of Education Policy, the Missouri State High School Activities Association (MSHSAA) Official Handbook, and the student handbooks of Meramec Valley R-III schools. If you have questions, please contact your head coach, activity sponsor, or Mr. Blair Thompson, Activities Director.

Our schools also want parents and members of the community to be involved with student activities. To help facilitate their involvement, the district provides a website, [www.mvr3.k12.mo.us](http://www.mvr3.k12.mo.us), which will give a weekly athletic schedule, major activity dates (such as concerts or competitions), and other information that pertains to the activities at Meramec Valley R-III.

## **PHILOSOPHY**

The Meramec Valley R-III School District believes that interscholastic activities shall supplement the curricular program, and as such become a vital part of a student's total educational experience. Student participation in these activities is a **privilege**, which carries with it responsibilities to the school, to the activity, to the student body, to the community, and to the student himself/herself. Because of the opportunity that a student receives when he/she is able to participate in an interscholastic activity, the participant will be held to high standards of conduct.

We do not encourage specialization in one sport. Rather, we would encourage you to experience a variety of activities. Naturally, due to conflicts in seasons, practice times, schedules, etc., some choices will have to be made by students. Good luck to you as you strive to grow emotionally, mentally, socially and physically through extracurricular activities.

## **NOTICE OF NONDISCRIMINATION**

Meramec Valley R-III School District prohibits any and all forms of unlawful harassment and discrimination on the basis of race, color, religion, sex, national origin, ancestry, disability, age, genetic information or any other characteristic protected by law in the admission and access to, treatment of, and employment in its programs, services and activities.

Meramec Valley R-III School District is an equal opportunity employer, and it is the policy of the district to provide equal opportunity for all individuals in all areas of recruitment, selection, placement, training, assignment, transfer, compensation, benefits, discipline, retention and promotion, and to maintain a work environment for its employees that is free from unlawful discrimination, harassment and retaliation.

It is the policy of Meramec Valley R-III School District to provide and maintain a learning environment that is free from discrimination and harassment in accordance with this policy.

It shall be a violation of district policy for students or district personnel to unlawfully harass, discriminate or retaliate against any other students or school personnel on the basis of race, color, religion, sex, national origin, ancestry, disability, age, genetic information or any other characteristic protected by law.

All employees, students, parents and visitors must immediately report to the district for investigation any incident or behavior that could constitute discrimination, harassment or retaliation in accordance with this policy. If discrimination, harassment or retaliation that occurs off district property and that is unrelated to the district's activities negatively impacts the school environment, the district will investigate and address the behavior in accordance with this policy, as allowed by law.

## **GOAL STATEMENT**

Student activities shall be an integral part of the total educational program. These experiences will help students acquire additional knowledge and skills that are key attributes to being productive members of society. Our mission through athletics and activities is to build intentional, character-based leaders and cultures.

## **RESPONSIBILITIES**

As a student, you are in school to secure the best education you are capable of achieving. Deciding to take advantage of the opportunity to participate can play a significant role in your total educational development. However, with this decision also comes certain responsibility, if the value of activities is to be achieved. Such as:

1. Striving to achieve sound citizenship and desirable social traits, including emotional control, honesty, cooperation, dependability, and respect for others and their abilities.
2. Maintaining academic citizenship and eligibility standards as established by the Missouri State High School Activities Association and Meramec Valley R-III School District.
3. Learning the spirit of hard work and sacrifice.
4. Learning to attain physical fitness through good health habits.
5. Desiring to excel to the limit of your potential.
6. Showing respect for both authority and property.
7. Being willing to accept the leadership role that is instilled through the activities program.

Keep in mind that you are in the public eye and your personal conduct always must be above reproach. You have an obligation to create a favorable image and gain the respect of your teammates, the Meramec Valley R-III student body and the surrounding communities.

## **BASIC GUIDELINES FOR PARTICIPATION**

(Rules, Regulations, and Standards)

1. A participant must meet the eligibility requirements set out by the Missouri State High School Activities Association (MSHSAA) and must conform to all applicable MSHSAA rules and regulations.
2. Students who represent our school in interscholastic activities must be credible citizens and judged so by the proper authority. A student who commits an act for which charges may be or have been filed by law enforcement authorities under any municipal ordinance, misdemeanor, or felony statute shall not be eligible until all proceedings with the legal system have been concluded and any penalty or special condition of probation has been satisfied. If law enforcement authorities determine that charges will not be filed or student has completed all court appearances and special conditions of probation, local school authorities shall determine eligibility. Additionally, each student is responsible to notify the school of any and all situations that would affect his/her eligibility under the above standards. If the student does not notify the school of the situation prior to the

school's discovery, then the student shall be ineligible for up to 365 days from discovery, pending review by the MSHSAA Board of Directors.

3. All athletic participants and parents are required to complete online athletic registration prior to try-outs or practices for each season (see athletics tab on the district website). Additionally, MSHSAA regulations mandate that each athlete must have a current physician's certificate (physical) stating the participant is physically able to participate in an athletic contest. The certificate must be on file with the athletic office before the student will be allowed to practice with any Meramec Valley R-III School District athletic teams. **A physical certificate is valid for two years from the day a student athlete received the exam.** A student shall not be permitted to practice or compete until the school has verification that he or she has basic athletic insurance.
4. All policies that apply to the regular school day apply to extracurricular activities.
5. Prior to the start of each season, participants desiring to participate in programs sponsored by MSHSAA [athletics (including cheerleading and pom pom squads), music (including color guard), speech, drama (including musicals and plays), and academic competition] must have a parent/guardian attend a meeting regarding the rules and regulations applicable to that program, as well as the consequences for violations of the discipline and extracurricular policy. The meeting will be conducted by the head coach/sponsor of the program. Each participant and their parent/guardian must also sign a form stating they are aware of, understand and agree to abide by the rules of conduct that apply to these activities.
6. Students are free to make their own selections as to activities in which they wish to participate. However, should two activities in which the student participates conflict, administrative priority will examine the order of precedence. A later section will address this issue in greater detail (see page 15). Students are not to be penalized by the activity not attended. Students should also alert both the coaches and sponsors of possible conflict at the beginning of the season or school year. Additionally, students should be aware that a school activity takes precedent over a non-school related activity. Should a student-athlete choose a non-school activity over a school activity, team consequences will apply.
7. A participant who drops out of an athletic activity cannot participate in another athletic activity until the season for the first activity has ended unless approved by the coaches of both activities and the activities director.
8. With an athlete's participation in the PHS athletic programs, it is expected that each family will be assigned a concession stand duty. Concession duty will be assigned by the

Athletic Concession Manager. In most cases, each participant's family will only need to provide one concession duty per season. However, depending on participation and number of events, it may be necessary for the concession manager to assign multiple duties to a family during one season. Through family support, we believe the concession stand provides a quality and convenient service to the PHS athletes, community, and our visiting teams.

9. The management of an extracurricular activity is the responsibility of the coach or sponsor who is in charge of the selection of participants and the extent of their participation. The selection of the team is usually based on but not limited to a balance of skill, attitude, school discipline, hustle, and academic eligibility. Each coach/sponsor may also establish additional written guidelines for their activities. These guidelines shall be presented, discussed, and sent home with the players and parents. A copy of such guidelines will be kept on file with the activities director.
10. If a participant is suspended and/or removed from the team for a violation of school or team policy, the head coach or sponsor will notify the parent/guardian of the action and the reason behind the disciplinary action. The parents/guardians have a right to appeal the action within a reasonably prompt time (24 hours) to the activities director.
11. Appeal procedures are provided for the sole purpose of preventing suspensions and/or removals based upon inaccurate or incomplete information. The procedures are not intended to provide participants with an opportunity to (1) avoid suspension or removals imposed for conduct they have actually committed, or (2) ask administrators for leniency when an appropriate consequence has been imposed for conduct that has occurred. Nor are they intended to suggest that participation in school activities is an entitlement rather than a **privilege**.
  - a. In most cases, a participant should be advised of the reason for the suspension or removal from an activity, and provided an opportunity to respond, prior to imposing the consequence. Parental contact by the coach or sponsor will take place as soon as feasible (this does not include cuts).
  - b. When it is necessary in the judgment of the coach, sponsor, or administrator to suspend or remove a participant from an activity prior to advising the participant of the reason for such suspension or removal, the participant should be advised of the reason and given an opportunity to respond within a reasonably prompt time after the consequence has been imposed (24 hours).
  - c. If the participant has unresolved issues, the parent or guardian should set up a meeting with the coach or sponsor (within 48 hours).

- d. Participants may appeal a suspension or removal imposed by a coach or sponsor to the activities director.
- e. Participants may appeal a suspension or removal imposed or affirmed by the activities director to the building principal.
- f. Participants may appeal a suspension or removal imposed or affirmed by the building principal to the assistant superintendent of student services.
- g. Participants may appeal a suspension or removal imposed or affirmed by the assistant superintendent to the superintendent.
- h. Participants may appeal a suspension or removal imposed or affirmed by the superintendent to the board of education. The decision of the board of education shall be final.
- i. During the appeal process, an extracurricular suspension or removal will remain in effect.
- j. If the situation allows, the entire appeal process should take place within a two-week time period.

12. Most students will be transported to and from respective activities or contest via school transportation. To be eligible for participation the student must be on the bus when it leaves school. Students are not permitted to drive to away activities. In **extreme situations** special arrangements may be permitted. This must be approved by the activities director or principal well in advance of the activity. Students may drive to off campus practice facilities. Students may ride with another student to practice provided prior written approval is granted by the rider's parent. Parents should stipulate what driver their son or daughter may ride with.

Students may ride home from away an away contest with an approved adult provided written permission is given to the coach in charge. This permission must be at the conclusion of the event and personally given to the coach by the parent. Students may **not** ride home with another student.

13. If it is necessary to be absent from practice, the student is expected to obtain permission from the coach prior to the scheduled practice. Failure to do so will have consequences per team policy.

14. Students must be in attendance one half of the daily classes in order to participate in any activity scheduled for that day. **Exceptions are granted with administrative approval only.**

15. In the event that truancy or suspension of a student takes place, the student will not be eligible for participation until he or she has fulfilled the disciplinary requirements

established by the administration. Any student serving OSS or ISS will not be eligible to participate. The student must attend a full day of regular classes before they are again eligible to participate.

- 16.If a participant receives an out of school suspension for five days or more during his/her season, the status of his/her eligibility during that respective season may be lost at the determinant of the school administration.
- 17.In the event that a student is assigned a detention as the result of a classroom problem, he or she is not allowed to use the excuse of “I have practice so I can’t stay.” The classroom obligation always comes first.
- 18.The possession or use of alcohol, tobacco, and/or nonprescription drugs is known to be detrimental to the individual as well as the team he or she represents. Therefore, disciplinary action will be taken (see below). **This is a year-round commitment.**

### **Philosophy of Chemical Abuse**

We recognize the use and/or possession of mood-altering chemicals as a significant health problem for many adolescents, resulting in negative effects on behavior, learning, and the total development of each individual. The possession or use of tobacco and of mood-altering chemicals, such as alcohol, drugs, marijuana, etc., by adolescents affects extracurricular participation and the development of related skills. As a result, the following consequences apply:

### **Consequences of Chemical Abuse**

The consequences regarding the use and/or distribution of tobacco, alcohol, and/or drugs will carry over from one year to the next. The following consequences and procedures are aligned with school board policies JFCH, JG, and JG-R. Additionally, please refer to *Basic Guidelines for Participation* #2(p. 3-4 of this handbook) for explanation of the MSHSAA credible citizen policy.

Procedure:

A participant may not use, possess, or distribute tobacco (including e-cigarettes, vapes, juuls, or like products), alcohol, and/or drugs (this includes drug paraphernalia, and/or items to be represented as such). A participant will be in violation of this policy if the use, possession, and/or distribution (1) occurs on school property and/or at a school sponsored event (whether on or away from school property); (2) is reported and/or confirmed by a law enforcement agency; and/or (3) is *observed* by school personnel



(whether on or away from school property) (4) and/or admits their violation to school district authority.

The rules pertaining to violation of Meramec Valley R-III School District disciplinary code regarding tobacco, alcohol, and drugs will be followed. Please refer to the student handbook. In addition, the following athletic penalties will be enforced:

Tobacco (including e-cigarettes, vapes, juuls, or like products):

1<sup>st</sup> Offense: A participant will be suspended 1 week. The week of suspension must include at least 1 contest (maybe more depending on schedule of suspension from the school administration).

2<sup>nd</sup> Offense: A participant will be suspended at least 3 weeks. The weeks of suspension must include at least 3 contests (maybe more depending on schedule of suspension).

3<sup>rd</sup> Offense: A participant will be suspended 365 days from all MSHSAA recognized activities and all other team/group performances.

4<sup>th</sup> Offense: A participant will be expelled from all MSHSAA recognized activities and all other team/group performances for the remainder of high school.

Alcohol:

1<sup>st</sup> Offense: A participant will be suspended for at least 2 weeks. The weeks of suspension must include at least 2 contests (may include more depending on schedule of suspension).

2<sup>nd</sup> Offense: A participant will be suspended up to 365 days for all MSHSAA recognized activities and all other team/group performances.

3<sup>rd</sup> Offense: A participant will be expelled from all MSHSAA recognized activities and all other team/group performances for the remainder of high school.

Drugs (Mood-Altering Chemicals):

1<sup>st</sup> Offense: A participant will be suspended up to 365 days for all MSHSAA recognized activities and all other team/group performances.

2<sup>nd</sup> Offense: A participant will be expelled from all MSHSAA recognized activities and all other team/group performances for the remainder of high school.

\*These penalties work congruently with MSHSAA policy. In some cases, MSHSAA policy would lengthen the duration of the suspension.

#### Rules Interpretations:

Question #1: *When does the athletic discipline code start for a participant?*

Response: The athletic policies go into effect day one of the participant's first MSHSAA recognized practice. The policy will continue throughout his/her high school years.

Question #2: *Does a participant have to be currently in a sport for the code to apply?*

Response: No. Again, once the participant starts his/her athletic career, the discipline code takes effect.

Question #3: *Do the rules cover the summer months?*

Response: Yes. Creditable citizenship is a year- round responsibility. The administration will notify the participants of their violation and discipline.

Question #4: *Can the participant or coaches select his/her games to be suspended?*

Response: No. Following confirmation of the violation, the student would lose eligibility to participate in the next event(s) which occur in a consecutive chronological sequence. The same contest(s) cannot be selected.

Question #5: *Why are the penalties for use of tobacco, alcohol, and/or drugs(mood-altering chemicals) different?*

Response: The use of each type of chemical will adversely affect the students on a short- or long-term basis. The rules reflect that some chemicals create larger and more permanent problems than others for students, team members or other significant persons in their lives.

Question #6: *Is there a carry over from one season to the next?*

Response: Yes. The loss of eligibility carries over to the next season in which a student participates. Example: If a student commits a violation during the last contest of the season, he loses eligibility (as per consequence of the category involved) in the next season of participation. Thus, there is a carry over from one season to the next.

Question #7: *A student commits two simultaneous violations, such as the use of tobacco and alcohol. What is the penalty?*

Response: Simultaneous violations would be considered as one violation with the violation being categorized in the category carrying the greater consequence.

**Participation in school activities is a privilege and not a right.**

**The Meramec Valley R-III School District reserves the right to enhance or reduce the penalties associated with a violation of the extracurricular policy based upon the nature, severity, and frequency of the violation.**

## **PROTECT YOUR ELIGIBILITY**

The Missouri State High School Activities Association, of which the Meramec Valley R-III School District is a member, is a voluntary, nonprofit, educational association of junior (middle schools) and senior high schools established for the purpose of working cooperatively in adopting standards for supervising and regulating interscholastic activities and contests.

One of the primary functions of MSHSAA is to establish eligibility standards that must be met by all students to sustain the **privilege** of representing their school in interscholastic activities.

Eligibility is a **privilege** to be granted by the school to a student. Eligibility is not a student's right by law. Precedent setting legal cases have determined eligibility to be a privilege, granted only if the student meets all standards adopted by the school.

Listed below is some information to acquaint you with the major MSHSAA regulations you must follow in order to protect your eligibility. For a full description of MSHSAA by-laws please go to [www.MSHSAA.org](http://www.MSHSAA.org).

1. You must be a creditable school citizen as defined in the MSHSAA handbook 212.0. Any conduct before or during a season that would discredit you or your team as judged by the school administration, could render you ineligible for part of a season, an entire season, or 365 days at the determinant of school administration.

2. Academics

- a. Grades 9-12 Trimester System: A student attending a school on a trimester schedule must earn the following credits in order to earn and maintain his/her academic eligibility. The student must be enrolled in and regularly attending classes during each trimester which will allow 2 units of credit or 80% of the maximum allowable credits to be earned, whichever is greater. This same academic requirement must be met during the trimester preceding participation. Like students on a semester system, a student on a trimester system shall be eligible or ineligible based upon both achievement in the preceding trimester

- and enrollment/attendance during the current trimester. An incoming freshman need only be promoted from the 8th grade to the 9th grade for eligibility in his/her first trimester of the 9th grade.
- b. **Students enrolled in the Early College Program are considered non-traditional. Non-traditional transcript credits are possible to satisfy academic eligibility. See the activities director or ECP Coordinator for information.**
  - c. Credits earned or completed through correspondence courses will not fulfill this provision. **Credit can be completed in summer school for up to two credits applied to the following 1<sup>st</sup> semester of eligibility.** Check with the counselor for accepted courses.
  - d. See athletic director for middle school questions.
3. Transferring Schools (only applies to athletics)
- a. If you transfer schools and your parents do not move to your new school district, you will be ineligible for 365 days, unless you meet one of the exceptions to the transfer or promotion rules (see your athletic director).
  - b. If you move with your parents to your new school district you possibly would be eligible immediately.
4. Participation Limits
- a. You are eligible to participate in any sport for a maximum of four seasons. Any part of a game played during a season counts as a season participation.
  - b. Your eligibility to participate in high school activities begins when you first enter the ninth grade and lasts for the first eight semesters that you are enrolled in high school. Your eighth semester must immediately follow your seventh semester.
5. You must enter school within the first 11 days of the semester to be eligible.
6. Awards Standards
- a. You may not receive cash, merchandise, or gift certificates for participating in an athletic contest.
  - b. You may accept awards that are symbolic in nature, such as medals, trophies, ribbons, plaques, etc. for participating in a school athletic program. These awards may be received only from your school, from a school hosting an event, or from MSHSAA.
  - c. You may accept awards for participating in non-school sponsored athletic competition only if the awards are symbolic in nature, such as medals, trophies, ribbons, plaques, etc.

7. If you reach the age of 19 prior to July 1, you will be ineligible for interscholastic competition the next school year and thereafter. See the activities director for middle school questions.
8. Non-School Competition
  - a. You may not participate in any organized non-school athletic competition and on your school team **in the same sport** during the same season.
  - b. You may participate on a school team and a non-school team in different sports during the same season; however, you may not practice or compete in non-school organized athletic competition **on the same day** that you compete with your school team.
  - c. Before you join any non-school team or enter any non-school competition involving athletics, check with the activities director to make certain these standards are being met.
9. You may participate in an “audition” or “try-out” for a college team or event only under certain conditions; check with the activities director.
10. You may compete in one all-star game or contest after you complete your eligibility in that same sport.
11. Sports Camps/Clinics
  - a. You may attend a non-school sponsored summer specialized sports camp for as long as you wish.
  - b. You may attend a specialized athletic camp during the school year.
  - c. You may attend a camp or clinic where your school’s coaching staff instructs or coaches for a period no longer than two weeks in duration.
12. In order for any student/athlete to consider a NCAA Division I or II College, he/she must be processed through the NCAA clearinghouse. This process must be started during his/her junior year. See your guidance counselor for information or search directly at <http://www.ncaa.org/student-athletes/future/how-register>. Additionally, NCAA eligibility clearinghouse questions can be answered at 1-877-262-1492.

### **Nutrition for the High School Athlete**

The following nutrition guidelines are just recommendations. Based on the goal of the individual, an athlete may want to adjust recommendations.

The goals of good nutrition for the high school athlete are to:

1. promote optimal growth
2. provide adequate fluids, electrolytes, and nutrients
3. achieve optimal performance
4. provide weight management.

### Fluids

Fluids, in the form of water, cool the body. On hot humid days the body's sweat doesn't evaporate and the body is not cooled. If this occurs and the sweat is not replaced, overheating can happen. Signs of dehydration are:

1. dark urine
2. decreased sweating
3. muscle cramps
4. small volumes of urine
5. chills
6. increased heart rate
7. clammy skin
8. headache
9. nausea

The following table gives recommended re-hydration guidelines.

<b>Time</b>	<b>Re-hydration Amounts</b>
1-2 hours before event	10-14 oz of cool water
10-15 minutes before event	10-12 oz of cool water
During exercise	4-6 oz cool water every 15-20 minutes
After exercise	16-24 oz of cool fluids for every pound of weight lost

For activities less than 60 minutes in duration all that is needed is water for replacement. For activities greater than 60 minutes fluid replacement drinks may be helpful for the carbohydrate and electrolytes. Fluids consumed during exercise should provide 6-8% carbohydrates. The carbohydrates in juice or soda are too high and may cause stomach cramps if consumed during exercise.

### Energy

Athletes must consume adequate calories for growth. To meet the nutritional needs the training diet should provide 55% of the total energy from carbohydrate, 12-15% from protein and 25-30% from fat. These values will be different depending on the total calories per day required

and the activity level. An average intake would be 40-45 kcal/kilogram(kg)/day. To convert pounds to kilograms, divide pounds by 2.2.

### Carbohydrates

Carbohydrates are the most efficient fuel for the athletic performance. The energy from carbohydrate sources can be released within exercising muscles up to three times faster than energy from fat. The only problem with this is that the body can only store a limited amount of carbohydrate as glycogen in the liver. Once the glycogen stores are used the athlete must eat more carbohydrate for energy.

The following table shows daily ranges for carbohydrate consumption based on activity.

<b>Intensity of Activity</b>	<b>Carbohydrate(g/kg)</b>
Light training	3-5
Moderate/heavy training	5-8
Pre-event (24-48 hours)	8-9
Post event (within 2-3 hours)	1.7

The goal of the pre-event meal is to prevent the athlete from feeling hungry before or during the workout and to maintain normal blood sugar levels. The pre-event meal is to provide high-carbohydrate foods, especially complex carbohydrates, with moderate amounts of protein and small amounts of fat. After the event, the body needs to replenish its glycogen stores by eating or drinking carbohydrates immediately after the event and then two hours after the event. The following table gives the recommended carbohydrate consumption before an event.

<b>Meal/Snack</b>	<b>Timing</b>
Snack (15-20 g carbohydrate, <5% fat)	0.5-1 hr before
Light Meal (30-40 g carbohydrate, 5-15% fat)	2-4 hr before
Heavy Meal (50-60 g carbohydrate, 15-25% fat)	4-5 hr (may need a snack later)

### Protein

The function of protein is to build, maintain, and repair muscle and other body tissue. Eating more protein than is recommended does not make stronger or larger muscles and any protein eaten in excess will be stored as fat. Consuming too much protein can lead to dehydration and weight gain and can increase calcium loss from the body. The recommended amount of protein is 0.9g/kg of body weight.

## Fat

Fat provides energy for exercise. Athletes should consume 20-30% of their total calories from fat. Athletes who consume a high-fat diet more than 30% of calories typically consume fewer calories from carbohydrates. Athletes who have a severe low-fat diet, less than 15% of calories, may limit performance.

## Vitamins and Minerals

Nutrients reported most often in less than adequate amounts are calcium, iron, and vitamins A, C, E, and B-6. Foods high in iron are red meat, liver, whole grains, beans, greens, nuts, dried fruit, wheat germ and molasses. Foods high in calcium are milk, fortified orange juice and soy milk, cheese, pudding, cooked greens and ice cream.

A healthy diet can enhance performance and increase endurance. An example of a healthy diet for a 16-year-old male weighing 60 kg (132 lbs) would be approximately 2500 kcal/day, 400 grams carbohydrate, 100 grams protein, and 60 grams fat. Intake should include three meals and two snacks.

## **PARENT/COACH/ SPONSOR COMMUNICATIONS**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to students. As parents, when your student becomes involved in our program, you have a right to understand what expectations are placed on your student. This begins with clear communication from the coach of your students' program. The Meramec Valley R-III School District recognizes that social media tools, such as Facebook and Twitter, are valuable resources in opening up avenues of communication between coaches, athletes, and parents.

Many programs may have their own Facebook page or Twitter address to promote their activities. Please keep in mind that these are not open forums to discuss individual concerns.

All personal and individual concerns should be discussed as outlined below.

### **Communication Coaches or Sponsor Expect From Parents**

1. Concerns expressed directly to the coach/sponsor.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's/sponsor's philosophy and or expectations.



As your student becomes involved in the programs in the Meramec Valley R-III School District, he or she will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way you or your student wishes. At these times, discussion with the coach is encouraged.

### **Communications You Should Expect From the Coach or Sponsor**

1. Philosophy of the coach or sponsor.
2. Expectations the coach has for your student and the team.
3. Location and times of all practices and contests.
4. Team requirements, i.e. special equipment, off-season conditioning, rules and regulations.
5. Procedure should your student be injured during participation.
6. Discipline that results in the denial of your student's participation.

### **Appropriate Concerns to Discuss With Coaches or Sponsors**

1. The treatment of your student mentally or physically.
2. Ways to help your student improve skills needed to perform.
3. Concerns about your student's behavior.

It is very difficult to accept your student not playing as much as you may hope. Coaches and/or sponsors are educational professionals. They make judgment decisions based on what they believe to be **best for all students involved**. As you have seen from the list above, certain things can and should be discussed with your student's coach or sponsor. Other things, such as those listed next, must be left to the discretion of the coach or sponsor.

### **Issues Not Appropriate To Discuss With Coaches or Sponsors**

1. Team strategy.
2. Play calling.
3. Other student-athletes/participants.

There are situations that may require a conference between the coach or sponsor and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

### **If You Have a Concern to Discuss With a Coach or Sponsor, the Following Procedure Should Be Followed:**

1. Call to set up an appointment with the coach or sponsor.
2. Please do not attempt to confront a coach or sponsor before or after a contest or practice. These can be emotional times for both the parent and the coach or sponsor. Meetings of this nature usually do not promote resolution.

### **What Can a Parent Do If the Meeting With the Coach or Sponsor Did Not Provide a Satisfactory Resolution:**

1. Call and set up an appointment with the activities director to discuss the situation.
2. At this meeting the appropriate next step can be determined.

### **SPORTSMANSHIP CODE**

For Players, Coaches and Fans

1. Enjoy the Game!
2. Respect one another and the various roles they play on and around the field/court:
  - Coaches coach
  - Players play
  - Officials officiate
  - Spectators spectate
3. Maintain pride in self and school.
4. Strive to keep high standards of conduct.
5. Cheering is always encouraged for one's team.
6. No disrespect will be shown to the opposing team during introductions.
7. No noise makers.
8. All cheers, chants, and songs should be good natured and should not offend opposing teams, coaches, fans, or officials.
9. Positive signs may be displayed for one's own team.
10. Accept victory or defeat graciously. Show everyone that Meramec Valley R-III has class!
11. The official and/or supervising personnel can eject players, coaches, students, and parents/spectators

A school may be suspended from membership in MSHSAA and from participating in interscholastic activities with other member schools for the unsportsmanlike conduct of teams, coaches, students, and fans. Each school is responsible for the conduct of its team, coaches, students, and fans at games both at home and away.

### **ACTIVITY AWARDS, LETTERING, AND RECOGNITION**

The Meramec Valley R-III school district recognizes students for their achievements and honors throughout the school year. Student recognition may include publication of student name, student photo, student sports participation, and honors and awards received by the student. This

publication may occur in district newsletters, on the district website, or may be published through the news media.

The following is a list of awards an athlete may receive:

1. Athletic Certificate: Received each time a student-athlete meets the requirements established in that activity by the head coach.
2. Athletic Letter: Received when a student-athlete participates on the varsity level in game/event competition. Besides varsity competition, factors of good school citizenship and a constructive positive attitude, as determined by the head coach, are also integral criteria of the lettering process. The “P” will be presented to the student-athlete the first time he/she letters in a varsity sport along with the pin that represents that sport. If the student-athlete letters in an additional sport, they would only receive a pin that represents that sport. A student-athlete will receive a bar for each additional year they letter in a sport for a maximum of three bars per sport.
3. All Conference, District, and State: Received when a student-athlete excels in their particular sport. Each particular sport is unique on the process to be used for selection of these awards. Typically, a student- athlete is either selected by other schools coaches or is selected based on the results of a conference, district, or state meet/tournament.
4. Academic All Conference and State: A student-athlete receives academic all conference when he/she earns a varsity letter and has a 3.6 GPA or above during the season they are participating. Qualifications to receive academic all state is determined by that particular sports Coaches Association.
5. Athlete of the Week: Each sport is represented throughout their season with nominations by the head coach and selection by the athletic director. The athlete of the week is based off of performance, leadership, and work ethic.
6. Team Awards: At the end of each season at the awards night ceremony, the head coach of program will present plaques for varsity team awards. Examples of such plaques would be: team mvp, most improved, coaches award, hustle award, etc.
7. Sports Club Athlete of the Month: Received at awards night ceremony, these pins are given to student athletes for excelling in their sport/activity for that month. The criterion is based on performance, attitude, leadership, and work ethic. Each level of the program will be eligible for athlete of the month awards.
8. Jim Thorpe Award: Jim Thorpe was a world-renowned athlete but is most notable remembered by excelling in several major sports: collegiately, Olympics, and professionally. This award is presented to any student-athlete who participates in all three seasons all four years of his/her high school career.

9. Sports Club Athlete of the Year: Award presented by Sports Club to one female and one male senior athlete. Award criteria are based around performance, participation, attitude, and leadership.
10. St. Louis Post Dispatch Scholar Athlete: In order to be eligible for this award and scholarship a senior athlete must be a varsity letterman and rank in the top 25% of their senior class. Additional factors include participation, performance, attitude, and leadership.

Additionally, awards, statistics, and/or game video may be made available to colleges for recruiting purposes. Any parents or guardians that would not want this information to be provided to colleges need to contact the coach prior to the season.

### **CONFLICT RESOLUTION STANDARDS**

Students should make reasonable choices when participating in activities so as not to create conflicts between activities. This involves good decision-making skills, prioritizing, and long-range goals and aspirations. However, when a conflict arises between two school-sponsored activities, administrative

Priority will examine this order of precedence:

1. National events
2. State events
3. District/sub state events
4. Interscholastic events
5. Conference events
6. School performances
7. Required practices (dress rehearsals)
8. Regular practices

### **CARE OF EQUIPMENT/VALUABLES**

In order to give the student a sense of responsibility and an appreciation of his/her equipment, each student will be held accountable for the abuse or loss of equipment. Any equipment lost or stolen must be paid for by the student in whose name it was checked out. The head coach will turn in an accountability to the office for anyone who does not turn in any or all of their equipment.

All valuables (money, clothes, book bags, etc.), while at practice or games, must be locked in a locker. Each athlete should be issued a lock by the coach during the season. It is the student's responsibility to lock his or her belongings in a locker.

## CONFERENCE AFFILIATION

The Meramec Valley R-III School District is a cooperating member of the Four Rivers Conference, and as a member, is committed to adhere to the rules and regulations of the conference.

Presently there are eight-member schools:

Hermann	Pacific	Sullivan
New Haven	St. Clair	Union
Owensville	St. James	

## MERAMEC VALLEY R-III ATHLETICS BY SEASON

### Fall

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Girls Cross Country	7-12	Football	7-12	Girls Golf	9-12
Boys Cross Country	7-12	Boys Soccer	9-12		
Volleyball	9-12	Cheerleading	7-12		
Girls Basketball	7-8	Softball	9-12		

### Winter

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Girls Basketball	9-12	Girls Wrestling	7-12
Boys Basketball	7-12	Cheerleading	7-12
Dance Team	9-12	Volleyball	7-8
Boys Wrestling	7-12		

### Spring

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Boys Track	7-12	Baseball	9-12
Girls Track	7-12	Girls Soccer	9-12
Boys Golf	9-12		

## NON-ATHLETIC ACTIVITIES OFFERED

Beta	Marching Band
CAP (Creative Art Person)	MCJROTC Drill Team
Choir(s)	MCJROTC Riffle Team
Color Guard	Newspaper
DECA	PHS Ambassadors

Drama  
FBLA  
FCA  
FCCLA  
Foreign Language Club  
Gaming Club  
Jazz Band

Renaissance  
Scholar  
Speech Team  
Student Council  
Trend  
Tribe  
Yearbook

### **BETA**

The goal of Beta Club is to stimulate effort, reward achievement, and encourage and assist its members to continue their education after high school. Worthy character, good mentality, credible achievement and commendable attitude are attributes expected of Beta Club students. Beta Club members must also have a 3.2 cumulative grade point average.

### **CAP**

CAP, Creative Art Person, aims to promote literacy, the arts and creative writing through publication of Kaleidoscope. Kaleidoscope is a school published magazine showcasing the works of PHS students.

### **Color Guard**

The auxiliary performs with the marching band at all home football games and participates in field and parade competitions with the band. The team practices during the summer and fall. Members are chosen in the spring and must show strength in the areas of academics, citizenship, and performance. Members must be members of band and enrolled in the band class.

### **Concert Choir**

This is an auditioned choir and a student must have the director's permission to enroll. It is a highly select performing group composed of students exhibiting the strongest musical talents. This choir is for students who want to work in a concentrated manner to a greater degree than other singing groups and for perfection in singing. The Concert Choir performs in many concerts, festivals, and competitions throughout the year.

### **DECA (Distributive Education Clubs of America)**

DECA is the youth organization whose program of leadership, personal development, and career encouragement is designed specifically for students who are interested in marketing. DECA is co-curricular in nature and provides students an opportunity to compete and to be recognized for their marketing and business skills on a district, state, and national level.

## **Drama**

The drama department produces two shows each year: a musical that normally occurs in November and a play that is scheduled some time during the second semester. Auditions for the musical take place in May of the previous school year. Practices and rehearsals start in August. Students rehearse five times each week, including one or two evening practices. Auditions for the play normally occur in January. Students follow a rehearsal schedule similar to the musical.

## **FBLA (Future Business Leaders of America)**

FBLA is an organization for people enrolled in business subjects. FBLA offers students opportunities to meet and make friends with future business leaders from around the state. Students develop leadership skills by taking part in local, state, and national activities. Membership enables students to win awards in events that test one's knowledge in everything from accounting to computer applications and from job interviews to decision-making.

## **FCA**

Fun, games, and camaraderie in a common belief is the focus of Fellowship of Christian Athletes (FCA). Requirements of FCA are to be willing to have a great time and to discuss Christian philosophies and ideas.

## **FCCLA (Family Career and Community Leaders of America)**

FCCLA is an organization with national affiliation. Its main goal is to improve personal, family, community, and job/career life. This organization enables members to explore and focus on leadership development and a variety of youth concerns such as working with children and the elderly. Community service activities are planned and accomplished throughout the year. The club is open to all students. Both young women and men are members.

## **Foreign Language Club**

This group is organized around the idea of creating a better understanding of international cultures to students. To become a member, students must currently be enrolled or previously have been enrolled in a foreign language. Activities are planned each year according to membership suggestions and ideas.

## **Gaming Club**

Gaming Club is a club dedicated to the practice and preservation of organized gaming of all types. Some of types of gaming include board gaming, role playing, card playing, strategy-based gaming, etc. In the gaming club members participate in group games to expand their knowledge of games as well as make some new friends.

### **Jazz Band**

The jazz band is made up of auditioned students representing grades 9-12. The band plays at winter home basketball games providing spirit, pride, and fun for the student body. This band also performs concerts, at various community events, and competes in adz competitions each year. Members must be enrolled in concert band.

### **Marching Band**

The marching band, made up of auditioned students representing grades 9-12, is a highly-motivated, precision, musical organization. With rehearsals and performances focused toward musical excellence and precision movement, the largest performing/competing organization in the school represents the spirit, pride, and dedication of the high school at all home varsity football games. The band also participates in field competitions and parades.

### **MCJROTC Drill Team**

The Marine Corps Junior ROTC drill team participates in civic and community events, parades, sporting events, and drill team interscholastic competition. MCJROTC drill team members sharpen their precise movements several mornings per week throughout the year. You must be enrolled in ROTC to participate.

### **MCJROTC Rifle Team**

One of the newest activities to Pacific High School, the Marine Corps Junior ROTC rifle team practices their aim at target shooting several afternoons per week throughout the year. The MCJROTC rifle team will compete against other rifle teams throughout the year. You must be enrolled in ROTC to participate.

### **Newspaper**

The school newspaper provides students with the opportunity to produce written works for publication. Students are expected to write news, features, sports, and editorials. They also design and edit their paper. Students should possess typing skills and a strong interest in journalistic writing and reporting.

### **PHS Ambassadors**

This group of student leaders is designed for Sophomores, Juniors, and Seniors to help the freshman class and 8<sup>th</sup> grade class make a successful transition into Pacific High School.

### **Pizzazz**



Pizzazz is a unique combination of high-level singing with an emphasis on developing performing skills. Students must audition for Pizzazz. Music content will be varied and include art music as well as entertainment music in a variety of styles such as jazz and popular music. This choir will sing for a variety of audiences and perform at various concerts throughout the year.

### **Renaissance**

The Renaissance Program at Pacific High School is designed to promote high academic expectations, good attendance, and recognize special efforts by students and teachers. Each semester students must have a grade point average of 2.0 or better with no D's or F's, no ISS, OSS, and no more than five days absent.

### **Scholar Team**

The scholar team members practice throughout the school year to compete in area quiz bowl tournaments. They use a variety of resources to improve their knowledge in many disciplines including English, math, science, social studies, current events, music, and sports. Competitions are held during practice to determine varsity and junior varsity team members for each event. Students must commit to attend practices, Saturday contests, and be willing to study!

### **Speech Team**

Speech is a performance competition. Students compete against other students from the Four Rivers Conference in ten different performance events. The conference season begins in January and ends in February. The team may also attend pre-season tournaments during the first semester.

### **Student Council**

Student Council is the student governmental body for the building. The council consists of 9-12 graders. The members include elected officers, class representatives, and class presidents.

The purposes of this organization are: to establish a working relationship between student body and the administration; to develop a forum for student voice and channels for student involvement; to provide evidence of good citizenship, scholarship and leadership; and, to provide orderly direction of school activities.

### **TREND (Turning Resources and Energy in New Directions)**

TREND is a national organization whose purpose is to promote an alcohol and drug-free lifestyle by raising awareness and providing activities for students to “celebrate sober”.

### **Tribe**

The spirit and pride of PHS is what Tribe is all about. While focusing most of their attention on cheering for the athletic teams, Tribe goes beyond a regular pep club by organizing and planning various school events. Example of Tribe activities would be cheering at events, putting together athletic bulletin boards, participating in spirit weeks, and organizing courtwarming (winter homecoming). Members must be active in participation in order to stay in good standing with the club.

### **Yearbook**

Students in grades 10-12 with a prerequisite of Journalism are eligible to join the yearbook staff. Editors are generally chosen from upperclassmen who have been on staff one or two years previously.

Students plan, design, photograph, budget, sell, and distribute the yearbook. Since not all work can be done during class, students are often required to work after school, on weekends, and over vacations.

### **Live-Streaming PHS Activities**

All PHS activities held in the main gym, or on the stadium field, are streamed live on the NFHS Network. Events are available to watch online with a monthly or annual subscription at [nfhsnetwork.com](http://nfhsnetwork.com). Events may also be viewed on mobile apps for iOS and Android as well as TV apps for Amazon Fire, ROKU, and Apple TV. Subscribers will have access to away events provided the opposing schools are on the NFHS Network. In addition to the NFHS network, activities may also be streamed on the Pacific Indians Athletics Youtube Channel.

Since the research indicates a student involved in extracurricular activities has a greater chance of success during adulthood, these programs have been established. Many of the character traits required to be successful participants are exactly those that will promote a successful life after high school. We hope the information provided within this handbook makes both your student and your experience with the Meramec Valley R-III Activity/ Athletic Program less stressful and more enjoyable.

Meramec Valley R-III School District  
Activity/Athletic Commitment Form

Participants Name (Print)

2023/2024

Prior to participating in any practice or tryout sessions for any interscholastic sport, each athlete must:

1. Successfully register online for school athletics each year.
2. Successfully pass a physical examination by a registered physician and a copy of such examination must be on file in the office of the athletic director. Physical exam is valid if issued on or after Feb. 1 of the previous school year.
3. Personal health insurance (including policy numbers) is required for every athlete and must be provided. District will not be held liable if the insurance information is not accurate or valid.
4. Have a parent and student signature on the physical form.
5. Additionally, parents are required to read concussion information packet located on MSHSAA.org prior to student participating.

Prior to participating in organized scrimmages or competition, each participant must:

1. Return the Activity/Athletic Commitment Form properly signed.

As a school's student-athlete participating voluntarily in interscholastic activities; I understand that:

1. I have read this booklet and understand what Meramec Valley R-III School District expects from me in regards to sportsmanship, citizenship, scholastics, and staying free from drug/alcohol/tobacco use while enrolled in this school. I understand the consequences for breaking school and team policies, and I will not do so while a Meramec Valley R-III student participant. I understand that this is a year-round commitment.
2. I will be held responsible for all equipment issued to me throughout the season, will return such equipment at the conclusion of the season, and will pay the current replacement cost for any of the equipment not accounted for by me or damaged at the end of the season.
3. I acknowledge that I have been properly advised, cautioned, and warned by the administrative and coaching personnel of the school district that I am exposing myself to the risk of serious injury. Having been so cautioned and warned, it is still my desire to participate in sports and to do so with full knowledge and understanding of the risk of injury.
4. We understand that open gym/field/weight room participation is voluntary and a privilege, not a right. The privilege may be revoked at any time based on the discretion of the administration and Board of Education. The privilege may be revoked for many reasons, including but not limited too, deficiency in the student's grades, poor behavior during school hours or open gym.
5. I, along with my parents, certify that I have read and understand all of the school district activity/athletic policies in the activity/athletic handbook. In order to be eligible for participation, I understand I must comply with all requirements listed.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_